

**North Cascades National Park**  
Lake Chelan National Recreation Area  
Ross Lake National Recreation Area

National Park Service  
U.S. Department of the Interior



# PACIFIC TREEFROG

*Pseudacris regilla*

JUNIOR RANGER

PROGRAM

AGES  
**3-5**

**AWARENESS OF  
THE NATURAL WORLD**





*this booklet belongs to*

*this booklet's theme:*

## AWARENESS OF THE NATURAL WORLD



## INTRODUCTION

North Cascades National Park is full of amazing sights and sounds just waiting to be discovered! People use their **senses**—sight, touch, hearing, taste and smell—to learn about the world around them.

You will need to use your senses of observation for many of the activities in this booklet. Blink your eyes, wiggle your ears, press your finger into some moss, take a deep breath, and away we go!

**2 NEW WORD!** Your body has five **senses** to help you understand the world: sight, touch, hearing, taste, and smell.

# Junior Ranger Totem



**Pacific Treefrog**

*Pseudacris regilla*

**Hi!**

**I am a Pacific Treefrog.** I begin my life as an egg in the water. I hatch into a tadpole and grow quickly into a frog.

My skin is bumpy and can be green, brown, or gray. I have a black mask from my nose to my shoulder. I love to eat insects, which is easy to do with my sticky tongue. I use my round toes like suction cups to climb trees.

I may be tiny, but my voice can be heard day and night for many months of the year. I love to perform singing duets and trios with my treefrog neighbors. I sing by filling a pouch in my throat with air until it is bigger than my head! Listen for my song near ponds, lakes and streams.

## What is a totem?

A totem is an animal, plant, or natural object that is meaningful to people living in the area where it can be found.

## CHOOSE YOUR OWN TOTEM.

It can be real or imaginary!

## How are YOU like a Pacific Treefrog?

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# HOW TO BECOME A JUNIOR RANGER



There are many types of activities within this booklet. Be sure to get outside and explore the park! If you need help, just ask any North Cascades park ranger. *To receive an official North Cascades Junior Ranger patch, badge and certificate, please complete at least **5 ACTIVITIES**.*

KEEP TRACK OF  
YOUR ACTIVITIES HERE

Learn about the North Cascades

**ACTIVITY 1**

☐

Are YOU a Track Star?

**ACTIVITY 2**

☐

A Legend from the North Cascades

**ACTIVITY 3**

☐

Connect-the-Dots

**ACTIVITY 4**

☐

Nature Detective Bingo

**ACTIVITY 5**

☐

Junior Ranger Matching

**ACTIVITY 6**

☐

A-Maze-ing Marmots

**ACTIVITY 7**

☐

Exploring the North Cascades

**ACTIVITY 8**

☐

Total Activities Completed

We also have 3 other Junior Ranger booklets, each with their own theme and totem animal. Come back with your friends and family and try all our activities!

ages 3 - 5

Pacific  
Treefrog



**EXPLORATION OF THE  
NATURAL WORLD**

ages 5 - 8

Black Bear



**BIODIVERSITY**

ages 8 - 11

Raven



**CULTURAL  
AWARENESS**

ages 12+

Mountain  
Goat

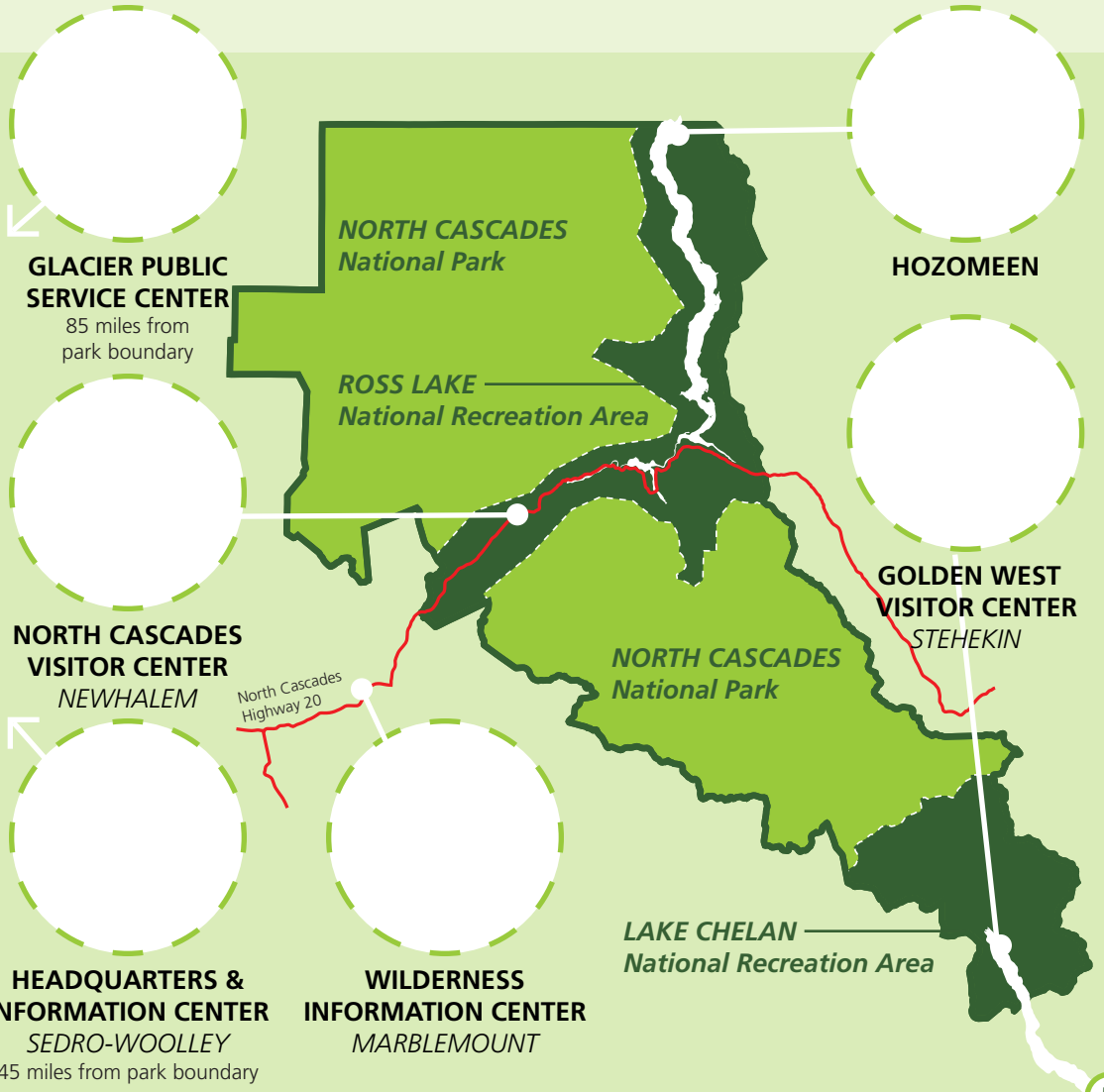


**PUBLIC LAND  
STEWARDSHIP**



# Where am I in North Cascades National Park?

North Cascades National Park is a special place for you to explore and enjoy! On the map below are the six information centers where you can get a Junior Ranger booklet. Each information center has a stamp to add to your booklet! Can you figure out where you are right now?



Check this box when you are finished!

## ACTIVITY

1

Learn about the North Cascades

Find out why North Cascades National Park is such a special place! *Attend a ranger program or interview a ranger.*



### #1 Attend a Program

Type of program:

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Draw your favorite thing about this program:

### #2 Interview a Ranger

What is your job at North Cascades?

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What do you like best about this place?

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Can you identify the animals that would leave these tracks behind? *Draw a line to connect each animal with its **tracks**. Then go outside, look for tracks, and try to guess who they belong to!*

<b>ACTIVITY</b>	<b>2</b>
Are YOU a Track Star?	

I can be found on land and in water. I swim very well and like to eat fish.



HUMAN

I can be found in water, land, or in the air. I make a honking sound.



MULE DEER

I am a visitor to national parks. I come in different sizes, and I use my senses to explore!



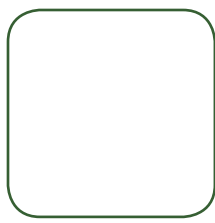
CANADA GOOSE

I am a four-legged animal with big ears. I like to eat grass.



RIVER OTTER

*Draw your own animal tracks.*



YOUR ANIMAL CHOICE

**NEW WORD!** When an animal walks on soft ground, its feet press into the ground like a stamp and leave behind what we call a **track**.

## ACTIVITY

3

A Legend of the North Cascades

Read the following with a grown-up. Every time you see one of the three shapes pictured below, be sure to say its name out loud! \*



= Mouse









= Fox









= Tree



# How Douglas Fir Saved the Day






A long time ago, a young  decided to go for a walk in the ancient forest. "Are you sure you are ready to go into the forest alone?" asked the mouse's parents. "I am almost grown up," said the . "Please let me go by myself!"





Finally, the mouse's mother and father agreed, but they warned the little  "Be careful of the sneaky  ! He likes to eat mice!" They told her, "If you run into him, find the great Douglas-Fir. The Douglas-Fir  is a friend to mice and has helped them hide from the  many times."


So the young  happily hopped into the forest, smelling the leaves on the forest floor and looking up to see the beautiful patches of blue sky above the trees. However, it wasn't long before the  heard a shuffling behind her. Out jumped a  !







"Hello little  " said the . "Would you mind if I walked with you for awhile?" The little  remembered her parents' warning and did not think this was a good idea.

"No, thank you. I am looking for my friend, the Douglas-Fir , "  
said the .

The  thought, I will tell the  I can help her and  
just before we reach the Douglas-Fir  I will eat her for my  
dinner. So when they reached the Douglas-Fir  he said to the  
 "Now I will eat you up! I am ever so hungry."

But mice are very quick and before the  could scoop her up,  
the  called out to the Douglas-Fir . "Help! Help! Hide  
me from the sneaky  or he will eat me up!"

"Quick!" the Douglas-Fir  said, "Run up my trunk and hide in one  
of my cones."

The  ran as quickly as she could and squeezed into one  
of the fir cones. The  followed close behind her but wasn't  
fast enough to catch the . Disappointed, he turned  
around and walked deep into the forest. When the  was out  
of sight, the —who was really too big to fit into the fir  
cone—felt her legs and tail pop out from inside the cone. She thanked  
the Douglas-Fir  and ran home to tell her mother and father the  
story!



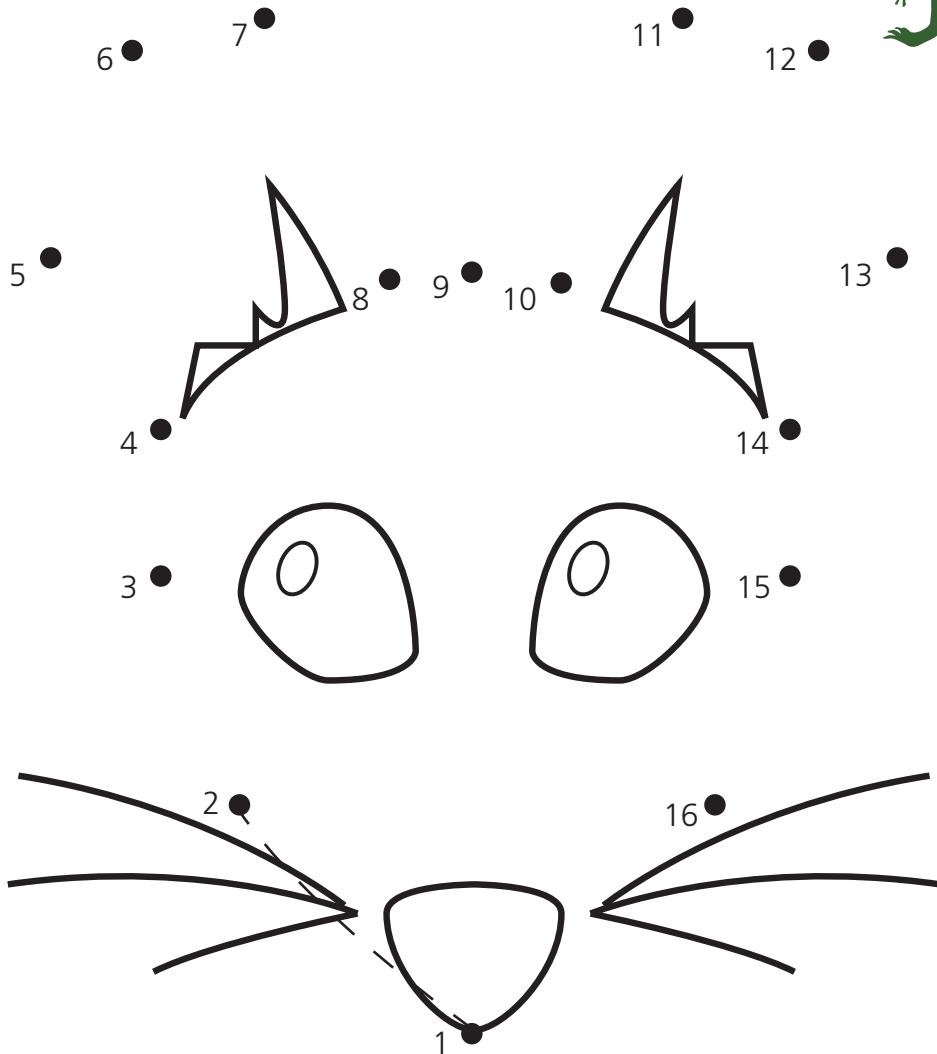
Can you  
find the legs  
and tails of  
mice in this  
fir cone?

## ACTIVITY

4

Connect the Dots

Starting with 1, connect the dots in order up to 16. Do you recognize the animal from the legend?



10

Circle the parts of the face this animal uses to see, hear, and smell.

You can hear many sounds in North Cascades National Park. While some sounds are the same as those you hear at home, others you may only hear in the wildest areas of the park.

## ACTIVITY

5

### Nature Detective Bingo



Squirrel



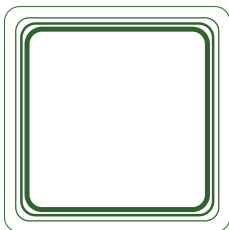
Wind



Cars or Traffic



Human Voices



Another Sound  
You Hear



Rain



Airplane or  
Helicopter



Running Water



Birds

For this activity, find a quiet place to sit and listen for at least 10 seconds.



Every time you hear one of the sounds pictured here, draw a line through the square.

In the blank square in the center, draw a picture of a new sound you hear.

**To get a bingo, you need to hear three sounds in a row in any direction.**

Try listening in different places to hear new sounds!

**HINT:** Closing your eyes can help!

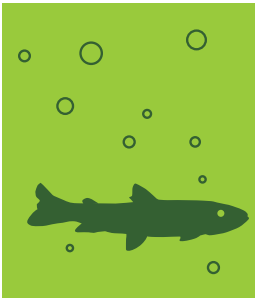


## ACTIVITY

6

### Junior Ranger Matching

Animals make their homes in many different places—a hole in a tree, beneath a rock, even in the water. *Help these animals find their homes! Draw a line from each animal to its home. What senses could you use to find these animals' homes?* \*



Go outside and see if you can find an animal's home! Remember to keep a safe distance from wild animals.

Marmots are animals that live high in the mountains. They burrow deep into rocky mountain slopes to build their dens and whistle when they **sense** that danger is near. What **senses** do you think a Marmot uses to avoid danger and find its den?

## ACTIVITY

7

### A-Maze-ing Marmots



It's fall, and it's time for me to **hibernate**! Help me get home to my den.

START



FINISH



**NEW WORD! Hibernation** is when an animal goes to sleep for the winter and doesn't eat or drink until spring.

## ACTIVITY

8

### Exploring the North Cascades



We hope you will spend time exploring during your visit to North Cascades National Park!

*For this activity, use your sense of smell and touch to learn about this amazing place. Spend a few minutes outside and draw some of your findings in the empty circles below. Don't forget to look close to the ground.*



Something  
**I smelled**

Something  
**I touched**



# AS AN OFFICIAL JUNIOR RANGER I PLEDGE TO:

- Continue learning about North Cascades National Park.
- Get to know the plants and animals around my home.
- Share what I've learned with my friends and family.



*Junior Ranger*

*Date*

*Park Ranger*

*Date*





This project was made possible by a grant from **Washington's National Park Fund** ([wnpf.org](http://wnpf.org)) with matching funds through the **NPS Centennial Challenge 2008** ([nps.gov/2016](http://nps.gov/2016)).



Developed by the National Park Service, with support from British Columbia Parks and the United States Forest Service.

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Printed June 2010